

PDA/SMARTPHONE SAFETY TIPS

Using personal digital assistants (PDAs)/smartphones over a long period of time can lead to repetitive motion injuries. The problems occur when you grip the device in the palm of your hand between the four fingers and the fatty pad below the thumb, and use your thumb to type on the keypad.

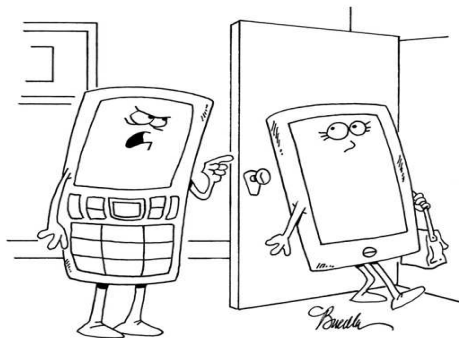
This motion can aggravate arthritis and lead to tendonitis of the thumb, as well as other repetitive motion injuries. The American Physical Therapy Association offers the following tips for preventing injury:

- ⇒ Take frequent breaks from your device. Don't type for more than a few minutes.
- ⇒ Write fewer and shorter messages. Abbreviate your responses when possible.
- ⇒ Avoid using your thumb for typing. Use the fingers of the other hand instead.
- ⇒ Stretch your fingers periodically, holding the stretch for 10 seconds, then repeating 8 times.

SAFETY TIPS OF THE MONTH

Consider these bicycle safety tips for National Safety Month:

- 1) Always wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- 2) A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.



"Have a nice date and remember, your mother and I don't want to see any fingerprints on your touch screen."

RIDDLE OF THE MONTH

During the Middle Ages—the years from 500 to 1500 A.D.—riddles were elevated to the level of art and prized as sources of entertainment and education. Unlike today's easy word puzzles, medieval riddles relied heavily on metaphor and demanded ingenuity to solve. See if you can answer the following medieval riddle:

I have a heart that never beats, I have a home but I never sleep. I can take a man's house and build another's, and I love to play games with my many brothers. I am a king among fools. Who am I?

Answer on Page 2 Safety Bits & Pieces

Safety Matters



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Safety Starts with You

How you can make your workplace safer

June is **National Safety Month**, but don't forget that maintaining a safe workplace is a year-round job—something we have to work hard to achieve every day of every month. Here are 12 steps you can take this month and all 12 months of the year to promote safety on the job:

1. **Learn about all the potential hazards** in your work and work area.
2. **Make sure you understand** safety rules and procedures, and follow them.
3. **Ask questions** about anything safety-related you don't understand.
4. **Keep your mind on your work** and pay attention to everything you do.
5. **Wear required personal protective equipment (PPE).**
6. **Report safety hazards** you spot anywhere in the facility.
7. **Watch out for your co-workers** and help keep them safe, too.
8. **Think before you act;** when in doubt, find out!
9. **Report accidents,** near misses, and other safety-related incidents so that corrective action can be taken.
10. **Participate in safety training,** safety meetings, safety committees, and other safety-related activities.
11. **Cooperate in accident investigations** so that causes can be found and further accidents prevented.
12. **Remember that safety is never "somebody else's job."**

Computer Safety

Precautions to prevent injuries

You may think computer work is one of the safest jobs you can have, but computer users face hazards, too, most notably musculoskeletal disorders (MSDs). Take these safety precautions to reduce your risk for MSDs:

- ☐ Position your monitor directly in front of you so that you don't have to twist your head, neck, or body to view the screen.
- ☐ Maintain a comfortable viewing distance between your eyes and the monitor; 25 to 30 inches is the recommended distance.
- ☐ Adjust the monitor so that you can work with your head level.
- ☐ Place source documents just below eye level, angled slightly upward and at the same distance from your eyes as the monitor.
- ☐ Take appropriate steps to reduce glare on the screen.
- ☐ Adjust your chair so that you can sit with your back comfortably straight and your head level.
- ☐ Keep shoulders and upper arms perpendicular to the floor (not stretched forward) and relaxed (not elevated).
- ☐ Keep upper arms and elbows close to your body.
- ☐ Keep forearms, wrists, and hands straight, not bent up, down, or sideways.
- ☐ Allow your feet to rest flat on the floor or be supported by a stable footrest.
- ☐ Give your eyes a break periodically by focusing on something in the distance.
- ☐ Give your body a break by changing positions about every 15 minutes.
- ☐ Stand up and stretch or walk around for 1 or 2 minutes every hour.

Safety Bits & Pieces

The Fascinating and Tragic History of Gloves in Industry...

Just what is the proper glove? That's a question that could be answered by anyone from Martha Stewart to your company's welder. But, as anyone in industrial occupations can tell you, the answers are critical.

While gloves have been used for thousands of years for purposes of warmth, cleanliness and even ceremony, the use of special gloves for specific jobs is relatively recent.

In 1889, Johns Hopkins Hospital chief of surgery William Stewart Halsted asked the Goodyear Rubber Company to make thin rubber gloves to protect medical staff, specifically his fiancée Caroline Hampton, then chief operating room nurse. Hampton had been using a chemical to prepare the operating room for a sterile surgery when she developed a skin reaction. The gloves worked well and by 1894 Halsted ordered the use of sterilized medical gloves at the hospital. That was a good start and within just a few decades glove technology became important in industrial safety.

Although many new forms of gloves, specific to tasks, have since been developed, OSHA estimates that occupational skin disease still accounts for 10-15 percent of work related diseases.

One of the most important practices of a good tradesman is to ensure work clothes, and especially gloves, are decontaminated before they leave the work site. Welders, for example, might have slag and tiny debris on gloves. If worn home without decontamination, family members could develop skin problems, or eye problems as the bits contaminate the home and clothing.

Some hard lessons have been learned about the proper use of gloves. Among them, the tragic case of Karen Wetterhahn, a scientist at Dartmouth College who specialized in toxic metal exposure. In August 1996, Wetterhahn was studying the way mercury interacted with protein. She was careful to wear protective glasses, gloves and protective clothing. Yet, nine months later, at the age of 48, she was dead of mercury poisoning. Her illness was traced back to that August when she spilled two drops of mercury on her gloved hand. It was later established that dimethylmercury can penetrate latex in about 15 seconds.

RIDDLE OF THE MONTH ANSWER

He is the King of Hearts in a deck of cards.



Back Pain Relief

What to do for an aching back

Back injuries affect millions of Americans every year. In fact, workers lose an average of 7 workdays a year because of back injuries. If you ever experience a sudden, extreme pain in your back when you're at work, don't move. Ask a co-worker to notify your supervisor right away, and wait for medical help. Some back injuries can be very serious.

Much back pain, however, can be relieved with home remedies, such as:

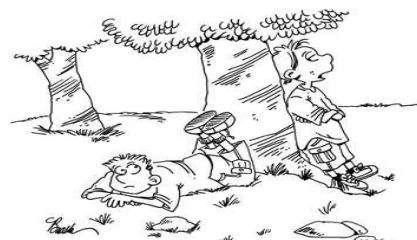
- ⇒ **Cold packs**, which can be applied for 15 to 20 minutes for the first 24 to 48 hours after the injury to reduce inflammation.
- ⇒ **Heating pads**, which can be used for symptoms after 48 hours. Remember, first cold, then heat for back pain.
- ⇒ **Over-the-counter pain relievers**, which can be used for a few days until symptoms subside.

The other essential treatment for back pain is rest to give it time to heal.

- ⇒ Use a firm mattress and neck pillow.
- ⇒ Put a pillow between your bent knees if you lie on your side.
- ⇒ Put a pillow under your knees if you lie on your back.
- ⇒ Get up and move around a little every half hour.

NOTE: If symptoms persist beyond a few days, see your doctor.

ON THE LIGHTER SIDE



QUOTATION OF THE MONTH



From the State of Delaware's Office of Highway Safety... Occupant Awareness

If every person was properly restrained on every trip, thousands of additional lives could be saved by seat belts each year. Help occupants understand why seat belt use is required by law.

- Nearly half of the 21,022 passenger vehicle occupants who were killed on our nation's roadways in 2014 were not wearing their seat belts at the time of the fatal crashes, according to National Highway Traffic Safety Association (NHTSA).

- The statistics are worse among teens and young adults: Of passenger vehicle occupants 13 to 15 and 18 to 34 years old who were killed in crashes, 59% and 57 %, respectively, were not buckled up—the highest percentages of all age groups. Within the 18-34 age group, males who were killed in crashes were unrestrained 59 % of the time.

- It's just as important to buckle up in the back seat. Too many people wrongly believe they are safe in the back seat unrestrained. 47% of all front-seat passenger vehicle occupants killed in crashes in 2014 were unrestrained, but 58% of those killed in back seats were unrestrained.

- Regardless of vehicle type, time of day, or seating position, wearing a seat belt is the single most effective way to reduce fatalities in motor vehicle crashes.

Parents should be sure to develop good seatbelt practices that will become and stay a habit, as well as provide examples for their children well into driving age and adulthood. Don't negotiate on seat belt use. Life as a parent is full of compromises, but seat belt safety for your tweens should not be up for negotiation.

As part of a national campaign with the National Highway Traffic Safety Association (NHTSA), OHS is launching the Click It or Ticket law enforcement mobilization. This is a demonstrated, effective way to save lives across the United States. Seat belts can save lives. And those lives aren't just numbers on a spreadsheet. They aren't just statistics. They are someone's mother, brother, child, grandparent.